



## Are you keeping their glasses full?

Are you serving enough milk? If not, read on . . .

**Calculate it!** Use worksheets and formulas provided by the CACFP. Be proactive and determine how many gallons will be needed for each week instead of finding out at the end of the month that you have not

purchased enough. It is better to purchase too much than to not purchase enough and risk non-compliance with the CACFP which will result in financial penalties.

**Size matters!** Use the correct size cups for one serving of milk. Using too small cups will make it difficult to serve the correct amount to the children.

**Clear is best!** Using clear cups will allow you to better monitor when the children need more milk.

**Pour it!** Though the CACFP stresses the importance of family style meals, we are more concerned about whether or not the children are receiving enough milk. Pour the milk for the children to ensure they are getting the proper amount at each meal.

**Never let the well go dry!** Purchase milk at least weekly. Fill your refrigerator each time and ensure that you have enough refrigerator space. Determine how much milk is needed weekly and buy more than is required. Buy 125% of what is required (e.g. If 8 gallons are required, buy 10 gallons). If you are able to, buy milk from a dairy vendor such as Meadowgold who will deliver the required amount on a weekly basis. You may even consider purchasing small individual 8 ounce cartons from the vendor. We have found that those centers using vendors are almost always in compliance by purchasing enough milk.

**Use it up!** Use fluid milk in recipes and serve it at snack time.